

Covid-19 Crisis CDC Guidelines for Fall Holidays

Compiled by the Winslow Public Library

Quarantine

- It is mandated that all out-of-state travelers coming into Maine, as well as Maine residents returning to Maine, complete a 14-day quarantine upon arrival. This means:
- You need to arrive with enough food for 14 days or arrange to have food delivered to you. You cannot go out to grocery stores.
- Stay at home. You cannot go out to public places.
- Avoid contact with others, especially those who are at high risk of severe COVID-19 illness.
- The State will allow adults who have a negative COVID-19 PCR test collected no more than 72 hours before arriving in Maine to forgo the 14-day quarantine upon arrival in Maine.
- A non-PCR test, such as an antigen or antibody test, is not accepted to forgo quarantine for visitors and those returning to Maine.
- The State exempts residents from the following states from the testing and 14-day quarantine requirement : New Hampshire, Vermont, New Jersey Connecticut, Massachusetts & New York

Halloween

Many Halloween activities can be high-risk for spreading viruses. If you have COVID-19 or you have been exposed to someone with COVID-19, you should not participate in in-person Halloween festivities and should not give out candy to trick-or-treaters. There are several safer, alternative ways to participate in Halloween.

- Carving or decorating pumpkins inside with members of your household or outside at a safe distance, with neighbors or friends
- Decorating your home for the holiday
- Doing an outdoor Halloween scavenger hunt where children are given lists of Halloween-themed things to find outdoors
- Having a virtual Halloween costume contest with friends and family.
- Having a Halloween movie night with people you live with.
- Tell ghost stories or read a scary book out loud.
- Participating in one-way trick-or-treating where individually wrapped goodie bags are lined up for families to grab and go while continuing to social distance (such as at the end of a driveway or at the edge of a yard) If you are preparing goodie bags, wash your hands with soap and water for at least 20 second before and after preparing the bags.
- Having a small group, outdoor, open-air costume parade where people are distanced more than 6 feet apart

- Have an outdoor bonfire with seating at least 6 feet apart.

Día de los Muertos

Many traditional activities can put you at higher risk for exposure to COVID-19. There are several safer, alternative ways to celebrate Día de los Muertos.

- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others.
- Playing music in your home that your deceased loved ones enjoyed
- Making and decorating masks or making an altar for the deceased
- Setting out pillows and blankets in your home for the deceased
- Joining a virtual get-together celebration
- Visiting and decorating graves of loved ones with household members only and keeping more than 6 feet away from others who may be in the area
- Hosting or attending a small dinner with local family and friends outdoors where people are distanced more than 6 feet apart

Thanksgiving

Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks involved.

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of illness from COVID-19, and delivering them in a way that doesn't involve contact with others.
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home
- Having a small outdoor dinner with family and friends who live in your community
- Lower your risk by following CDC's recommendations on hosting gatherings or cook-outs.
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Attending a small outdoor sports events with safety precautions in place

Coming Soon CDC Winter Holiday Guidelines